



Chickpeas with Broccoli Rabe and Bacon

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



454 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 pound broccoli rabe trimmed cut into 2-inch pieces
- ☐ 15 ounce garbanzo beans rinsed drained canned (garbanzo beans)
- ☐ 0.1 teaspoon pepper red crushed
- ☐ 6 garlic clove thinly sliced
- ☐ 1 tablespoon olive oil
- ☐ 1 cup onion chopped
- ☐ 0.5 teaspoon oregano dried

- ☐ 2 ounces parmesan
- ☐ 0.3 teaspoon salt
- ☐ 6 slices bacon chopped

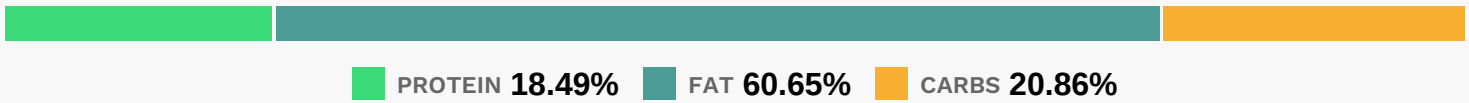
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Cook broccoli rabe in a large pot of boiling water 2 minutes or until crisp-tender; drain.
- ☐ Heat a large skillet over medium-high heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add bacon; saut 3 minutes, stirring frequently. Stir in onion, oregano, and red pepper; saut 4 minutes or until onion begins to soften, stirring occasionally.
- ☐ Add garlic; saut 30 seconds, stirring constantly.
- ☐ Add chickpeas; saut 1 minute. Stir in broccoli rabe, salt, and black pepper; cook 2 minutes or until thoroughly heated, tossing to combine.
- ☐ Place about 1 1/2 cups chickpea mixture on each of 4 plates; shave 1/2 ounce cheese evenly over each serving.

Nutrition Facts



Properties

Glycemic Index:48.33, Glycemic Load:5.34, Inflammation Score:-10, Nutrition Score:29.30869554955%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 10.75mg, Quercetin: 10.75mg, Quercetin: 10.75mg, Quercetin: 10.75mg

Nutrients (% of daily need)

Calories: 454.04kcal (22.7%), Fat: 31.31g (48.17%), Saturated Fat: 10.33g (64.55%), Carbohydrates: 24.23g (8.08%), Net Carbohydrates: 15.56g (5.66%), Sugar: 2.3g (2.56%), Cholesterol: 45.28mg (15.09%), Sodium: 1066.41mg (46.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.48g (42.96%), Vitamin K: 258.42µg (246.12%), Manganese: 1.48mg (74.15%), Vitamin A: 3144.6IU (62.89%), Vitamin B6: 0.96mg (48.07%), Phosphorus: 363.2mg (36.32%), Calcium: 352.43mg (35.24%), Fiber: 8.67g (34.69%), Vitamin C: 27.38mg (33.19%), Folate: 130.06µg (32.51%), Vitamin B1: 0.4mg (26.7%), Selenium: 18.17µg (25.96%), Iron: 4.37mg (24.27%), Vitamin B3: 3.83mg (19.15%), Zinc: 2.77mg (18.43%), Magnesium: 72.48mg (18.12%), Vitamin E: 2.69mg (17.91%), Potassium: 577.85mg (16.51%), Vitamin B2: 0.27mg (15.94%), Copper: 0.27mg (13.53%), Vitamin B5: 1.13mg (11.28%), Vitamin B12: 0.44µg (7.33%), Vitamin D: 0.29µg (1.91%)